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## BOOK REVIEWS

IN CHARGE OF  
GRACE H. CAMERON, R.N.

**THE CHILD IN HEALTH AND ILLNESS.** By Carl G. Leo-Wolf, M.D., with an introduction by Dr. Peter W. Van Peyma, Chemical Professor of Obstetrics, the University of Buffalo, N. Y. George H. Doran Company, Publishers, New York. Price, \$2.00.

This book has been written for mothers. However, all those who are interested in the growth and development of children will find something of practical value here. Dr. Leo-Wolf has treated the subject in a common-sense way, making the book understandable to all. In a simple way he states the essential facts in the development of the child; the care and feeding both in health and illness, clothing, education, and symptoms and care in special diseases. Dr. F. Park Lewis contributes a chapter on "Defects of the Eye and Blindness in Children." The young mother will find much of interest and instruction in this book. It also is a useful book for the pupil nurse as supplementary reading.

**THE MASTERY OF NERVOUSNESS**, based upon the re-education of self. By Robert S. Carroll, M.D., Medical Director, Highland Hospital, Asheville, N. C. The Macmillan Company, New York. Price, \$2.00.

Dr. Carroll gives in an interesting way practical recommendations toward the solution of the problem of nervous adjustment. "Special foods, elaborate systems of exercise, spinal supports and rubber heels, specially tinted walls, and harmless water from far away springs, begoggled noses, and beds placed compasswise and insulated with glass casters, slamless doors, and dogless towns—all speak eloquently of modern man's nervous estate." The author first defines nervousness; then classifies the afflicted ones into types, points out the paths that lead to mental illness, and the penalties of errors in eating, of inactivity of mind and body, and of uncontrolled emotional intensity. "Serious investigation into the nature and character of man reveals the truth that he was created for productive activity." We are further told the importance of work and play; the necessity for will re-education; the power that comes through clear thinking and controlled emotions and true morality. The theme of the book is humanity's adjustment to things, people and self. "All real adjustments lead to harmony of the better self with the truths that change not. And life knows no success comparable to that truly serene self which holds the infinite power of repose and self mastery—the perfect